



## Ibiro Bishinzwe Kurwanya Indwara Zandura

# Amakuru Arebana n'Urukingo rwa COVID-19 ku Bantu Bafite Ibibazo by'Ubuzima

23 Gashyantare, 2021

Urukingo rwa COVID-19 rurizewe. Ariko hari abantu batagomba guhabwa uruwingo ndetse n'abandi bagomba kuganira na muganga wabo mbere yuko bahabwa uruwingo. Niba ubonye ubu butumwa, ni ukubera ko dutekereza ko bishobora kukugirira umumaro kuvugana na muganga wawe mbere yuko ufata uruwingo, mu rwego rwo kumva utekanye.

**Niba waba waragize ibimenyetso byo kwivumbura gukomeye k'umubiri ku kintu runaka (harimo imiti, amafunguro, ibinyabutabire runaka, ibiterwa n'ibidukikije, n'ibindi.), cyangwa ubundi bwoko bwo kwivumbura k'umubiri mu gihe cy'amasa ha ane nyuma yo gufata urundi rukingo cyangwa guterwa umuti binyuze mu rushinge (harimo inshinge ziterwa mu mutsi, umukaya, cyangwa mu ruhu), ugomba kuganira na muganga wawe wa hafi ku birebana n'uruwingo rwa COVID-19 ndetse n'amateka ku kwivumbura k'umubiri wawe. Kwivumbura k'umubiri gukomeye kandi gutunguranye (urugero, imyitwarire yo kwivumbura k'umubiri) harimo ibimenyetso byo guhungabana K'ubuzima bw'umubiri nko kubyimbirwa isura, iminwa/ururimi, cyangwa umuhogo; guhiringa cyangwa guhumeka bigoranye; guhindagurika k'umuduko w'amaraso; umuduko uri hasi w'amaraso; ndetse n'ibindi bimenyetso bikomeye bisaba ko umuntu yongererwa imisemburo (urugero., urushinge rwa EpiPen) ndetse ukajya mu bitaro. Umoti cyangwa uruwingo rushobora gutera kwivumbura k'umubiri, ariko ubushakashatsi bwakozwe ku mikorere iboneye n'icyizere ku nkingo nshya za COVID-19 bwagaragaje ko kwivumbura gukomeye k'umubiri kudakunze kugaragara cyane. Nyamara kuva inkingo zatangira gukoreshwa mu baturage, hamaze kugaragara raporo nkeya zigaragaza ukwivumbura k'umubiri ku bantu bafashe uruwingo rwa COVID-19. Ntabwo bizwi neza niba ufile ibyago byinshi byo kugaragaza ukwivumbura k'umubiri ku rukingo rwa COVID-19 bitewe n'ibimenyetso byo kwivumbura k'umubiri wagragaje mu bihe byahise. Ni ku by'yo mpamvu, ukangurirwa kuganira na muganga wawe ku mateka yawe y'ibibazo byo kwivumbura k'umubiri mu rwego rwo kumva neza ingaruka kwivumbura k'umubiri byakugizeho. Ufile amahitamo yo gusubika gufata uruwingo rwa COVID-19 kugeza habonetse urundi rukingo rutandukanye, cyangwa kugeza igihe dusobanukiwe neza ibyago abagira ibibazo byo kwivumbura k'umubiri bafite. Nyuma yo kuganira na muganga wawe, igihe wiyemeje gufata uruwingo (cyangwa wiyemeje gufata uruwingo kandi udashaka kubiganiraho na muganga wawe), tuzaguha uruwingo rwose, ariko tuzagukurikirana nyuma yo kugukingira mu gihe cy'iminota 30 kugira ngo tumenyne neza ko nta ngaruka z'ako kanya uruwingo rwakugizeho.**

**Niba ufile ubudahangarwa budahagije (urugero., bitewe no kuba uri ku miti ya kanseri, guhabwa urugingo rushya, cyangwa ibindi bibazo bituma ubudahangarwa bw'umubiri budakora uko bikwiye), ugomba kuganira na muganga ukurikirana ikibazo cyawe ku birebana n'ingaruka zikomeye ndetse n'ibyiza by'uruwingo rwa COVID-19.** Mu gihe tutiteze ko hari ibibazo byavuka igihe ufashe urukingo, ntabwo turabona amakuru ahagije ku mikorere iboneye n'icyizere cy'uruwingo mu bantu bafite ubudahangarwa budahagije bw'umubiri. Niba uhawe urukingo rwa COVID-19, hari ubwo bitagenda neza kubera ko ubudahangarwa bw'umubiri wawe budashoboye kwiremamo ubwirinzi bukomeye. Ku bw'ibyo, urasabwa gukomeza gukaza ingamba z'ubwirinzi na nyuma yo guhabwa urukingo.

**Niba utwite, turagusaba kuganira na muganga wawe ushinzwe gukurikirana abagore batwite ku birebana n'ibyago ndetse n'ibyiza byo gufata urukingo.** Inkingo nshya za COVID-19 ntabwo zakorewe inyigo ku bagore batwite, niyo mpamvu tudafite amakuru menshi ku ikoreshwa riboneye ndetse n'icyizere cy'izo nkingo ku mugore utwite. Kubera ko izi nkingo za mRNA COVID-19 NTABWO zifitemo virusi igamije kongerera ubudahangarwa urufashe kugira ngo atagaragaza ibimenyetso, ikindi kandi kubera ko uduce duto twa mRNA duhita tuyengera mu mubiri wawe nyuma yo gukoreshwa kugira ngo twongere ubudahangarwa bw'umubiri, twizera ko ibyago biterwa no gufata urukingo kuri wowe n'uwo utwite ziri hasi. Tuzi neza kandi ko ubwandum busanzwe bw'icyorezo cya koronavirusi igihe utwite bishobora kongera ibyago byawe byo kuzahazwa n'uburwayi bishobora no kukuviramo kujyanwa mu bitaro, ahavurirwa indembe (ICU), cyangwa n'urupfu. COVID-19 rero ishobora kukongerera ibyago biri hejuru byo kubyara nabi, nko kubyara igihe kitageze. Bityo, dutekereza ko ari inyungu ku bagore batwite gufata urukingo rwa COVID-19, ariko turasaba yuko uganira na muganga wawe ushinzwe gukurikirana abagore batwite ariwe ukuzi neza hamwe n'umwana wawe. Ibindi bisobanuro biboneka ku rubuga rw'Ikigo Gishinzwe Kurwanya Ibyorezo (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.

Nyuma yo kuganira na muganga wawe ku bibazo by'ubuzima bigaragara hejuru, tuzagupangira igihe uzahabwa urukingo rwa COVID-19 igihe wowe na muganga wawe mwemeranyije gufata urukingo. Turashaka kumenya neza ko wabonye amahirwe yo kuganira na muganga wawe wizera ku birebana n'urukingo rwa COVID-19 kandi ko ashobora kugufasha gufata icyemezo cyiza ku buzima bwawe.